



VIKTORIA

ALPINE SPA RESORT

waldSPA

INKLUSIVE
VIKTORIA HIGHLIGHT



WEEKLY PROGRAMME

22.02.2025 - 01.03.2025

Welcome to the Alpine SPA Resort Viktoria,
a place with plenty of space
to enjoy, feel good & dream.



Hotel Alpine Spa Resort Viktoria ****s
Falzebenerstraße 9
39010 Hafling - Südtirol
Tel.: +39 0473 279422
E-Mail: info@hotel-viktoria.com

WEEKLY PROGRAMME

SATURDAY



FITNESS

11:00 am - 11:45 am
HIIT Booty & Abs Workout
4:00 pm - 4:45 pm
Yogapilates Flow

SAUNA

2:30 pm **Warm-up**
3:30 pm **Italian infusion**
4:30 pm **Themed infusion**
Bath of sounds
5:30 pm **Event infusion**
Iceman - Ötzi
6:15 pm **Chocolate peeling**
6:30 pm **Classic infusion**



Salad buffet

SUNDAY



FITNESS



SAUNA

3:30 pm **Banja infusion**
4:30 pm **Classic infusion**
5:30 pm **Event infusion**
The Lion King
6:15 pm **Mint-lemon-scrub**



Salad buffet

MONDAY



FITNESS

8:30 am - 9:25 am
Yoga
9:35 am - 10:10 am
Meditation

SAUNA

4:30 pm **Classic infusion**
5:30 pm **Themed infusion**
Gin
6:15 pm **Yoghurt-cucumber scrub**



Dessert buffet

22TH FEBRUARY

- **TRIO DJAZZ LIVE IN CONCERT**
- DJazz is a captivating blend of lounge jazz and electronic music, combining classical sounds with modern grooves and innovative sound textures. The group features Michele Monestiroli (saxophone), Andrea Fecchio (guitar), and Enrico Santangelo (drums). These three musicians create an organic and vibrant foundation, enriched with electronic elements to produce an electrifying atmosphere.
- Michele Monestiroli, saxophonist and producer, has worked with artists such as Ligabue and Jovanotti and produces music for TV and commercials.
- Andrea Fecchio, guitarist, has collaborated with renowned artists and participated in Mediaset productions.
- Enrico Santangelo, drummer, has worked with jazz greats like Mario Biondi and pop stars like Emma Marrone.
- **Time:** 8:30am - 10 pm
- **Location:** Via Cavour 1, 39012 Merano
- **Contact:** info@mairania857.org or +39 0473 230128
- **Free admission and no registration required!**

23TH FEBRUARY

- **ICE SKATING IN LANA**
- Looking for an active winter day surrounded by picturesque nature? Then a trip to ice skate in Lana is just what you need! The ice rink at the sports facility in Gaulschlucht offers perfect conditions for an unforgettable time on the ice.
- Whether you're a beginner or an experienced skater, everyone will find fun here. The idyllic setting of Gaulschlucht and the fresh mountain air create a unique experience.
- **Location:** Ice rink in Gaulschlucht
39011 Lana - Gaulpromenade
- **Time:** 2:00 pm - 4:00 pm
- **No registration required!**

24TH FEBRUARY

- **LANTERN WALK**
- We meet at the reception and take a leisurely walk to St. Kathrein. A breathtaking view will reward your lantern-lit hike and enhance your holiday spirit.
- **Start:** 9:30 pm at the reception
- **Total walking time:** approx. 50 minutes
- **Return:** approx. 10:30 pm
- **Minimum participants:** 4 people (weather permitting)
- **Registration:** Please sign up by tomorrow at 7:00 PM at the reception or via our digital concierge





TUESDAY

FITNESS

11:00 am - 11:45 am
HIIT Pilates
4:00 pm - 4:45 pm
Yogapilates Flow

SAUNA

4:30 pm **Themed infusion**
WaldSpa Ritual
5:30 pm **Event infusion**
Conquest of Paradise
6:15 pm **Fruit-salt-scrub**
6:30 pm **Classic infusion**



South Tyrolean evening



WEDNESDAY

FITNESS

8:00 am - 9:00 am
Water meditation
11:00 am - 11:45 am
Muscle building without equipment
4:00 pm - 4:45 pm
Slow flow Pilates

SAUNA

4:30 pm **Themed infusion**
Into the wild
5:30 pm **Event infusion**
La casa de papel
6:15 pm **Herbal scrub**



Gala dinner



THURSDAY

FITNESS

8:30 am - 9:25 am
Yoga
9:35 am - 10:10 am
Forest Therapy
10:15 am - 11:00 am
Sound bowl meditation
11:15 am - 12:00 pm
Power of breathing

SAUNA

4:30 pm **Themed infusion**
Oldies
5:30 pm **Event infusion**
James Bond-Skyfall
6:15 pm **Honey scrub**



Italian evening

25TH FEBRUARY

- **CROSS-COUNTRY SKIING COURSE IN FALZEBEN**
- In this group course, beginners learn the basics of classic cross-country skiing. You will practise the diagonal stride, cornering and braking so that you can glide safely and enjoyably through the snow. The course is suitable for children aged 8 and over and offers a great opportunity to immerse yourself in the world of cross-country skiing.
- **Meeting point:** at the start of the toboggan run in Falzeben
- **Time:** 10:00 am - 1:00 pm
- **Venue:** Meran 2000
- Via Falzeben, 39010 Avelengo
- **Contact:** Merano 2000 mountain railway
- Via Naifal 37, 39012 Merano
- **Telephone:** +39 0473234821
- **E-Mail:** info@meran2000.com
- **Registration:** online at www.meran2000.com, by 14:00 the day before (limited number of participants)

26TH FEBRUARY

- **LAMA AND ALPACA HIKE WITH OUR BREAKFAST WAITRESS RIKI**
- Experience unforgettable moments in nature on a llama and alpaca hike!
- The curious and intelligent animals accompany you through the picturesque landscapes of Vöran and create a relaxed atmosphere away from the noise and hustle and bustle. The hike offers a special connection to nature and the animals. Let yourself be inspired by the peace and serenity of the llamas and alpacas and enjoy a break from everyday life!
- **Start:** 14:30 at Lapakafun in Verano
- Vöraner Straße 88, 39010 Verano
- **Duration:** approx. 1.5h- 2h
- **Price:** € 35.00 per person and animal
- € 20,00 per accompanying person from 10 years without animal
- **Bring along:** Good shoes and weatherproof clothing. Dogs are not allowed.
- **Registration:** please register **by 7:00 pm the day before** with Riki in person or at the following telephone number **+39 3402687045**

27TH FEBRUARY

- **SNOWSHOE HIKE WITH JULIA**
- We take our own shuttle to Haffling Dorf. From there we hike together to the Leadner Alm and on to the Wurzer Alm.
- We then hike back to the hotel.
- **Start:** 11:00 am at the reception until approx. 2:00 pm
- **Minimum participation:** 4 people
- **Maximum participation:** 13 people
- **Registration:** please register at reception by 19:00 the day before or via our digital concierge.
- If there is not enough snow, the hike will take place without snowshoes - but will be cancelled in bad weather.





FRIDAY

11:00-11:45

Cardio

16:00-16:45

Total body Workout

FITNESS

SAUNA

3:30 pm

Banja infusion

4:30 pm

Themed infusion

NightSky

5:30 pm

Event infusion

Wild-West

6:15 pm

Coffee scrub

Appetiser buffet



28TH FEBRUARY

TOBOGGANING COURSE ON MERANO 2000

- How to curve properly? What is the best braking technique?
- What equipment is needed? Get free tobogganing tips from a professional and learn how to behave when tobogganing.

Time: 1:00 pm - 4:00 pm

Meeting point: at the start of the toboggan run in Falzeben

Location: Merano 2000 cable car mountain station

Contact: info@meran2000.com or +39 0473 234821

ATTENTION: Ticket and toboggan not included.

Toboggans and helmets can be hired from Sport Max or Rent & Go at the mountain station.

No registration required!



SATURDAY

11:00 am - 11:45 am

HIIT Booty & Abs Workout

4:00 pm - 4:45 pm

Yogapilates Flow

FITNESS

SAUNA

4:30 pm

Themed infusion

Bath of sounds

5:30 pm

Event infusion

Après-ski

6:15 pm

Chocolate peeling

6:30 pm

Classic infusion

Salad buffet



01ST MARCH

FARMERS' MARKET IN MITTERLANA

- Visit the Farmers' Market in Mitterlana, where local farmers offer their fresh, homegrown products. Discover a variety of fruits, vegetables, bacon, and sausages – all directly from the producer. A perfect place to enjoy regional specialties and appreciate the quality of the products!

Opening hours: 7:30 am - 1:00 pm

Location: Parking lot Angerweg,

Via Bozen, 39011 Lana

Contact: Market Municipality of Lana,
39011 Lana

No registration required!



GOOD TO KNOW

No. 9

45°C KräuterNebel

All of our scrubs take place in our 45°C Herbal Steam.

No prior registration is required.

No. 10

95°C Haflinger Stadelsauna

All of our events and themed infusions take place in our 95°C Haflinger Barn Sauna.

No prior registration is required.

No. 27

FitnessWelt

Our fitness program takes place in our movement room (except for yoga and meditation: these take place in the WaldSpa).

